

TIME	TYPE OF ACTIVITY	ACTIVITY	OBJECTIVES.	METHOD OF PRESENTATION	DESIRED OUTCOME
5 MIN	Loc-motor	Emphasis	Warming up. Co-ordination Concentration	Demonstration	Rhythm.
10 MIN	Folk dance.	Highland Fling (La Salle.) P. 158.	Learn dance. Rhythm & timing Concentration	Demonstration	Perfection of steps. Co-ordination.
10 MIN	Game.	Poor Basketball (Mason & Mitchell) P. 506.	Warming & catching Ball well. Following Basketball rules.	Explanation	Enjoyment. Learn play.

Exercise

Highland Fling

TIME	TYPE OF ACTIVITY	ACTIVITY	OBJECTIVE	METHOD OF PRESENTATION	DESIRED OUTCOME
5 MIN.	Loco-motor	Marching Aul, toe + polka step.	Warming up. Pacing + spacing. Grace. Rhythm.	Explanation	Interest in perfection. Ease in walking + dancing.
10 MIN.	Folk dance.	Buck + Wing. (La Salle - P. 92)	Learn steps Co-ordination Flexibility	Demonstration Correction	Enjoyment Rhythm. Concentration.
10 MIN.	Game	Line Soccer (Mason + Mitchell) (P. 403)	Learn game Speed + skill Alertness.	Explanation	Team play. Enjoyment.

Montaigne

TIME	TYPE OF ACTIVITY	ACTIVITY	OBJECTIVE	METHOD OF PRESENTATION	DESIRED OUTCOME
5 MIN.	Free-motor	Marching Running 6 in a line - keeping given lines - change to skipping, hopping etc.	{ Warming up. Timing & spacing. Speed & height. Timing	Explanation	Enjoyment. Ability to work together.
10 MIN.	Folk dance.	Highland Fling (La Salle) (P. 188)	Learn steps. Co-ordination Concentration	Demonstration Correction	Rhythm. Enjoyment. ✓
10 MIN.	Game	Endball (Mason & Mitchell) (P. 495.)	Learn game & catching & throwing	Explanation	Team play enjoyment.

Montague

1165

1165

TIME	ACTIVITY (TYPE)	ACTIVITY	OBJECTIVE	METHOD OF PRESENTATION	DESIRED OUTCOME
5 MIN.	Ice-actor	Marching exercises	Warming up. Timing, timing alertness	Explanation Demonstration	Co-ordination
10 MIN.	Folk dance	Buck & Wing (In Salle P. 92)	Learn dance & tune. - elementary steps - control & concentration	Demonstration	Co-ordination Rhythm
10 MIN.	Game	End ball (Mason & Mitchell) (P. 495) Basketball (Mason & Mitchell) (P. 521)	Learn games. - running base - catching & hitting ball. - good exercise - healthiness	Explanation	Team play. Fun.

What you
to gain from
teaching!

Don't let
them
wait
your

Maschurij
Ennis
Buck + Wing .

P. HAMILTON

BROWN SCHOOL

LESSON PLAN

GRADE 9 - (1)

13-15-22.

No. 5.

TIME	TYPE OF ACTIVITY	ACTIVITY	OBJECTIVE	METHOD OF PRESENTATION	DESIRED OUTCOME
5 MIN.	Loco-motor	Imitation exercises	Timing, spacing alertness. Forming up.	Explanation Demonstration	Co-ordination
10 MIN.	Folk dance	Highland Fling (LeSalle P. 188)	<u>Lure dance</u> . - lightness - concentration	Review Explanation	Timing Neatness.
10 MIN.	Game	Hit-pin baseball (Mason & Mitchell) (P. 342)	<u>Lure game</u> . Alertness + speed. - running fast. - ruthlessness - dodging	Explanation	Lure play. Run

Marching
Excursions
Highland Diving
Hit-Kin Aschale



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